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and nutrition, and other means toward the attainment of ends and purposes asserted to be attained, if at all, through compulsory health insurance.

New York

M. D.

#### APPRECIATION OF THE INTERSTATE SECRETARY

##### I.

Dear Editor: The Directors of District No. 5 of the California State Nurses' Association (Los Angeles Co.) have requested me to write you of their appreciation of the work of the Interstate Secretary. Miss Eldredge spent the second week of November in Los Angeles, addressing District No. 5 and the ten Alumnae Associations having membership in the District, and the student nurses of most of the hospitals of Los Angeles and Pasadena. The Directors feel that Miss Eldredge's visit has been of great value to the nurses of this community. It has created greater interest in the AMERICAN JOURNAL OF NURSING; it has familiarized the nurses with the history of the League and of the American Nurses' Association and with their aims, and it has given each one of us a feeling of closer relationship with our national organizations. Thanking the JOURNAL for its part in making Miss Eldredge's visit possible.

California

SECRETARY, DIST. NO. 5.

##### II.

Dear Editor: After a very harmonious meeting at which our State Nurses' Association was formed in Tucson, Miss Eldredge came to Douglas. On December 5, she spoke to our High School body, both boys and girls. Somewhat to my surprise the boys were as much interested—if not more—than the girls. In the afternoon Miss Eldredge spoke to a small group of representative citizens, who were greatly interested. In the evening our County Association was addressed. It was indeed a pleasure and a help to have Miss Eldredge here, as very few of our nurses have kept informed as to what is happening in the nursing profession. I feel sure that we will all have a more whole-hearted interest in our work as a result of her having been among us.

Arizona

L. K. S.

#### TWELVE-HOUR PRIVATE DUTY SERVICE

Dear Editor: After seven months' trial at Grace Hospital, Detroit, twelve-hour duty has proved a distinct success. It is more than satisfactory, both to the patient, bringing better service; and to the nurse, allowing her sufficient and regular rest, resulting in better work. A little friction was experienced at first, until the patients understood that nurses require rest. We are now able to attend church, concerts and lectures without falling asleep, and are able, to a limited extent, to develop the social side of our natures. We certainly feel that it is a long step towards a better future for our work, as well as ourselves. We also feel that the previous long hours of duty, to say nothing of the strenuous work involved, has done much in the depletion of applicants for training schools. When it is convenient for patients, we take two hours off during the twelve-hour duty, which helps us to perform our duties with greater zest.

Michigan

Z. L. I.